I THINK SANTA CLAUS IS A WOMAN

Author Unknown

I hate to be the one to defy sacred myth, but I believe he's a she. Think about it. Christmas is a big, organized, warm, fuzzy, nurturing social deal, and I have a tough time believing a guy could possibly pull it all off!

For starters, the vast majority of men don't even think about selecting gifts until Christmas Eve. It's as if they are all frozen in some kind of Ebenezerian Time Warp until 3 p.m. on Dec. 24th, when they -- with amazing calm -- call other errant men and plan for a last-minute shopping spree.

Once at the mall, they always seem surprised to find only Ronco products, socket wrench sets, and mood rings left on the shelves. (You might think this would send them into a fit of panic and guilt, but my husband tells me it's an enormous relief because it lessens the 11th hour decision-making burden.) On this count alone, I'm convinced Santa is a woman. Surely, if he were a man, everyone in the universe would wake up Christmas morning to find a rotating musical Chia Pet under the tree, still in the bag.

Another problem for a he-Santa would be getting there. First of all, there would be no reindeer because they would all be dead, gutted and strapped on to the rear bumper of the sleigh amid wide-eyed, desperate claims that buck season had been extended. Blitzen's rack would already be on the way to the taxidermist.

Even if the male Santa DID have reindeer, he'd still have transportation problems because he would inevitably get lost up there in the snow and clouds and (Continued on page 11)
Dear Activity Professionals,

How do you like the holidays so far? Busy, huh? I know how it is. Just remember, when things seem to be more stressful than you can handle, find a quiet place (even if it is your activity storage room or the bathroom) close your eyes and take some good, slow breaths. For one minute concentrate only on your breathing. If thoughts try to enter your mind...just “shoo” them out and concentrate on your breathing. You will be surprised how this will center you and ease the stress. Try it and see.

Bob and I wish you the very best for the merriest of Christmases and happiest of New Years.

Linda Lucas
Activity Director
Apparel & Gift Store
http://www.cafepress.com/theadoshop

Brainstorming Christmas

Brainstorming is a great little activity for small groups and one-to-one’s. The Activity Director can direct the activity as well as assistants and volunteers. Be sure to keep the number of questions small and give time for the resident to think about the question and give an answer. You will be surprised at the answers you get.

Try these questions or think of some new ones to try.

1. How many different Christmas words can you think of?
2. How many different things can you put on a Christmas tree?
3. What realistic types of gifts do you want this year and why?
4. How many different things can you do on the Christmas holiday?
5. How many different foods can you think of for Christmas?
6. Why is Christmas special to you?
7. How many different Christmas songs can you think of?
8. How many words can you find using only the letters in the word Christmas?
9. List all your different memories of Christmas.
10. Think of all the different things that happened at your house at Christmas. (Types of decorations, visitors etc.)

Brainstorms can be in writing or done in small or large groups in the classroom. All residents have the chance to feel successful during brainstorm type activities.

P.S.: This activity works with any holiday or event, so give it a try.

The Precious Gift

By Robert Lucas (from his song)

It wasn’t with gold or silver,
Nor armies with banners unfurled.
It was not with earth shaking vengeance,
Jesus came into the world.
Laying aside all the glory of heaven
He faced a cruel cross for all men and women.
Mary held her babe closely while angels sang above,
“Hallelujah for the Christ Child, precious gift of God’s love.”

Copyright 1984
Recommended Gifts for Alzheimer's and Dementia
Submitted by: National Council of Certified Dementia Practitioners
http://www.nccdp.org

One of the most requested information we receive from the public is suggestions for gifts during the holiday season. We have provided a list of suggestions to aide in gift giving.

For Dementia residents some possible gifts are:
* CD player at bedside with music of the resident's choice.
* Stuffed animals and dolls if appropriate.
* Body Pillows sprayed with the loved one's cologne or perfume. These can be purchased at Linen and Things or Bed Bath and Beyond.
* Pretty pictures for the wall.
* Build a Bear with a pre recorded message from the loved one.
* Artificial plants. If appropriate a live plant.
* New slippers.
* Sweater
* Sweat Pants & Top
* Relaxation DVDs. We recommend www.activitytherapy.com
* Books on Tape
* A small fish tank or bowel with a Beta Fish. But know who will be taking care of it.
* Mobiles for the room.

* Knick knack's of interest to the resident.
* For men. Sports memorabilia for their room, such as pennants, baseball caps, etc.
* Perfume and cologne
* Nail Polish and Nail Polish remover.
* Money for hair appointments.
* Money for trips.

Often times families would like to donate to the Activity Department. Print up a pretty brochure and call it: "Holiday Giving Ideas for the Dementia Unit." Next to the brochure, place your favorite catalogues and paper clip the pages with the items you most want. You could provide a list of items and ask that people check off those items as they purchase them. Place this list in a binder next to the catalogues.

Some Activity Department gift suggestions are:
* DVD's about animals, children and reminisce videos.
* Relaxation videos. www.activitytherapy.com
* Craft donations
* Fish tank and fish
* Donations for a pet bird and cage.
* Eldersong CD's
* Sensory room items.
* Jewelry boxes and costume jewelry.
* Pretty calendars of animals and children.
* Rocking Chair
* Gift cards for craft stores, book stores, party stores, grocery stores.
* Donation for an entertainer.
* Donation for books and magazines.
* Subscription to some favorite magazines such as AARP, Highlights (they have hidden picture game books).
* Gift card for Wal-mart or Target
* Gift card to the local plant nursery.
* Donations for staff to attend local seminars on Alzheimer's and Dementia topics.
* Donation for videos and books on Alzheimer's and Dementia topics.
* Amazon.com gift card.

Happy Holidays,
National Council of Certified Dementia Practitioners
Integrating the Holiday “Spirit” into Activity Programming
For Individuals with Alzheimer’s Disease

The holiday season is a busy time, full of sights, sounds and smells of the season. For most, it creates feelings of excitement and anticipation. For individuals with Alzheimer’s Disease or dementia, the changes in routine and increased activity can provoke anxiety and emotional stress. Memory loss does not change the need however, to feel the positive emotions of the holidays – to feel connected and useful, give and receive love, to give thanks and feel appreciated, and maintain a sense of hope. While the desire for holiday and spiritual fulfillment remains in individuals with Alzheimer’s Disease and dementia, the ability to initiate and tolerate fulfilling activities is diminishing. Following is a list of suggestions for keeping the holiday spirit in activities for residents with dementia without creating additional stress in their lives.

*Maintain daily routines. Integrating the holiday activities into familiar routines will allow the elder with dementia to feel comfortable within a routine and tolerate the change in topic.

*Keep traditions and rituals focused on the resident’s generation and past. Many practices and customs from today are far removed from holiday activities in the past. Our version of decorating is very different than how people decorated for the holidays in the past.

*Through reminiscence programs, our elders can recall past life roles and make sense of past events in their lives. The bonding that occurs during reminiscence experiences allows all involved to form connections that last beyond the reminiscing experience. To increase response during reminiscence programs, introduce the use of props (similar to the sensory basket). However, props in the reminiscence basket can be more complex such as miniature trees or wreaths, and more detailed holiday/winter scenes for viewing and discussion.

*Cooking activities can involve the elder in nurturing and supportive experiences. Cooking and eating traditional foods associated with holidays and celebrations, contributes to the individual’s quality of life and self-esteem. Making and decorating cookies, making mulled cider, hot chocolate, and other holiday treats is a great source of reminiscing and discussion.

*Music plays a significant role in any holiday gathering. Playing familiar carols with artists from their generation can provoke many memories.

*Drama programs would allow the elder to re-create religious and holiday stories. Conducting a live Christmas pageant is a popular and successful activity.

*Create a familiar worship area for holiday worship services: play church bells over the loud speaker to announce the beginning of church; create an altar, with holly boughs or evergreens; play taped or live organ music while elders are transported to the room; create a quiet, hushed atmosphere; and arrange the chairs in aisle fashion. Hang symbols associated with religious practice such as the Star of David, devotional pictures and display religious statues in the area. A clergy in robes will provide a visual cue for worship.

(Continued on page 11)
Current Activities in Longterm Care
By Kate Lynch, Editor
Current Activities in Longterm Care
http://www.activities4elders.com/

How Things Change...
Reminiscence activity

Evidence suggests that the act of reminiscing about the past, and being able to share memories with others, has a significant positive effect on the mental and physical health of the elderly.

In particular, according to a recent review study by researchers of the Australian National University, Canberra, Australia, reminiscence is a valuable therapeutic treatment for reducing depression.

With this activity, the men in your facility will love to tell about their adventures in the “good ol’ days” while exploring how things have changed throughout the years.

Materials needed
Pictures of means of transportation of different types and eras, such as:
- Ships.
- Planes.
- Trains.
- Buses.
- Cars.
- Trucks.
You can easily find these on the Internet and print them out. The New York Public Library, for example, provides free access to thousands of digital pictures, including photographs of vintage means of transportation (http://digitalgallery.nypl.org/nypldigital/index.cfm). Alternatively, you can consult the local library for specialized magazines and books, ask family, friends and staff members, or check the local antiques market.

Steps to follow
Before the activity, create the atmosphere by taping a few of the pictures around the room.
Next, have participants sit in a circle and introduce themselves.
Distribute the pictures and invite the elders to use them to compare how means of transportation have changed in the last 60 years.
You may want to start the discussion with a few key questions, like:

Think back to when you were young, were cars/planes/trains/etc. very different from today? Were they built with different materials?

(Continued on page 12)
The Alternative Solutions Page
By Sandra Stimson ADC, CALA, CDP
Executive Director, Alternative Solutions in Long Term Care
http://www.activitytherapy.com

Volunteer Management Essentials for Long Term Care
By Sandra Stimson CALA, ADC, CDP

The holiday season is upon us. Now is the golden opportunity to recruit volunteers, showcase what your volunteers are currently providing and to remember your volunteers that currently work in your community.

"A retired couple came to volunteer in my community. They had just lost their only child, beloved son. They were still in the grieving process but wanted to fill a void in their life. They began a spiritual sing along and it became the most popular weekly event in the facility. They additionally, collected holiday gifts for every resident and wrapped each gift lovingly. When the day came to give out those gifts, her husband dressed up as Santa Clause, her church choir sang holiday songs while she personally handed out the hundreds of gifts. When she went to leave, we handed her a gorgeous gift basket. Her eyes filled up with tears and she was embarrassed to take the gorgeous gift basket." She said, "You have no idea how important it is to me and my husband to volunteer here. I love the residents and feel not only am I making a difference in their lives but they have given me a purpose and reason to live again."

Often times, people within your community will volunteer if they see an interesting story about volunteers working in your facility, specifically if the story is interesting. Statistics show that more people sign up to volunteer during the holidays. In the local media, place an interesting story and pictures showing your volunteers and specific functions they perform. A picture speaks a thousand words and will grab the reader's attention. Be sure to give specific information about their job, the title, hours they work, how long they have been volunteering. Ask the volunteers to give testimonials that is very specific about what they do and why they volunteer. You can provide a testimonial form with specific questions for the volunteers to complete. Ask the volunteers permission to post their pictures and use the testimonials. The press release should be submitted to your community papers, facility paper, religious papers, church bulletins and other senior magazines published locally. It is recommended that press releases are submitted no later than December 1st. Address all press releases to the Editor and state specifically what section of the paper you want the press release to run in and the day of the week it should appear.

Place a volunteer table in your lobby during the month of December. Put up a display board with pictures of your volunteers and their functions. Have freshly printed volunteer applications and a list of opportunities in your facility. Ask that they take the time to complete the application and leave the completed applications at the front desk. Many times, the applicant has good intentions but does not follow through on completing the application. Try to provide every opportunity for the volunteer to complete the application.

(Continued on page 7)

ABOUT SANDRA

Sandra Stimson has experience as a corporate consultant, Corporate Trainer and National Speaker. Her experience is in long term care, as Activity Director, Director of Alzheimer's Units and Assistant Administrator of a 550 bed long term care county home. She is Co-founder of Pet Express Pet Therapy Club, is a Life Replay Specialist. Sandra implements dementia units nationwide. Sandra has written several books, Volunteer Management Essentials for Long Term Care and Pet Express Pet Therapy Program. Sandra has been a facilitator for Alzheimer's support groups and is the Awards Chair for the NJ Association of Activity Professionals. Sandra is the Executive Director of National Council of Certified Dementia Practitioners http://www.nccdp.org

http://www.activitytherapy.com offers resources for health care professionals in many areas of dementia care, care plans, Snoezelen products, dementia activity calendars, adult day care calendars, sensory calendars, reminisce videos for dementia, activity books, and dates to remember, party supplies, resources and links.
before they leave your facility. Always have pens on the table. Alert the receptionist to be on the look out for people picking up applications and if she could ask that they complete the application before they leave the facility.

Be very specific about your needs such as Pet Therapy, Bingo Caller, Craft Volunteer, etc. Always include on the table information about the volunteer opportunities such as, the time commitment and days of the week they are needed. Applicants are more apt to volunteer if they see that only a small amount of time is needed. If you are to general or not specific in your volunteer needs, applicants will not take the time to complete an application. Always call the Volunteers immediately back and schedule an appointment for an interview.

Send a letter to the local churches to be placed in the church bulletin about your need for volunteers. Provide a list of job opportunities and time commitment. Also contact the local schools, fraternities and sororities as they are planning their upcoming volunteer assignments. Always give at least one testimonial in the flyer as it speaks volumes when they can read someone's else's views on volunteering. Speak to your Administrator about incentives you could offer young adults, such as reference letters for college and jobs, scholarship for college and possible employment. Highlight the skills the young adults will be learning during their volunteer assignment. Such as working as a team, taking direction and multi tasking. Often times the local grocery store can provide discount cards for those seniors who will be volunteering. Make an appointment with your local grocer and see if this is possible. Offer lunch for those who volunteer on a weekly basis. Incentives often times may be the reason someone volunteers.

During the holiday season, the Activity Director should meet with the Administrator and Marketing Director about the holiday gift the facility will be providing to the volunteers. Now is not the time to skimp on the holiday gifts as if it appears cheap, could be very insulting to the volunteer. A gift basket of fruit, cheese and candy is recommended. Often times, the Marketing Directors are ordering baskets for their referral sources and have gotten a price discount for the baskets. The Marketing Director needs to know in advance if she will be ordering the baskets, how many, date you need them by and if it is coming out of the marketing budget.

The Activity Director will need to determine how the baskets are being delivered. Are the baskets to be given out in person or sent to a person's home? Baskets should be given to those volunteers who are there at a minimum, on a monthly basis. Be sure to remember the volunteer clergy and members of the executive board of your resident council.

All other volunteers who come in less than once a month should receive a facility holiday card. Through out the year, the Activity Director should be keeping a list of all volunteers who have come to the community. This includes children's groups, entertainers, community groups, speakers, religious groups, etc. The list should include the contact information, phone number, name, address, email address and the contact web address. Keep the list current and up to date. Often times the volunteers who come in seasonally will come back just because you took the time to send a holiday card.

"The greatest gift any resident could receive is the relationship built with a volunteer."

Volunteer Management Essentials for Long Term Care is an excellent resource book and can be purchased at

http://www.activitytherapy.com

Happy Holidays,

Alternative Solutions in Long Term Care
Sandra Stimson
CALA, ADC, CDP
Lisa Reidinger
CTRS, LNHA, CSW, CDP
The NAAP Page
National Association of Activity Professionals
“Founded by Activity Professionals for Activity Professional”
http://www.thenaap.com

Mission Statement: To provide excellence in support services to activity professionals through education, advocacy, technical assistance, promotion of standards, fostering of research, and peer and industry relations

About NAAP
Founded by Activity Professionals for Activity Professionals...NAAP is the only national group that represents activity professionals in geriatric settings exclusively. NAAP serves as a catalyst for both professional and personal growth and has come to be recognized by government officials as the voice of the activity profession on national issues concerning long-term care facilities, retirement living, assisted living, adult day services, and senior citizen centers. NAAP is nationwide in scope with a growing membership in Canada and Bermuda. The National Association of Activity Professionals recognizes the following values:The quality of life of the client/resident/participant/patient served is the primary reason for our services. The strength of NAAP lies in the diversity of its members. NAAP recognizes the rich cultural, and educational backgrounds of its members and values the variety of resources represented. The strength of NAAP also lies in the development and promotion of scientific research which further defines and supports the activity profession. NAAP values the development and maintenance of coalitions with organizations whose mission is similar to that of NAAP's for the purposes of advocacy, research, education, and promotion of activity services and activity professionals. NAAP values members who become involved at the state and national level to promote professional standards as well as encourage employers to recognize them as professionals. NAAP affords Activity Professionals across the country the opportunity to speak with a common voice...NAAP successfully worked with members of Congress to secure a change in the nursing home reform title of the 1987 Omnibus Budget Reconciliation Act (OBRA). Through our efforts, it became mandatory that an activity program, directed by a qualified professional, be provided in every nursing home that receives Medicare and/or Medicaid funds. NAAP was the only professional activity association to participate in HCFA’s workgroups that revised OBRA’s interpretive guidelines now in effect. NAAP provides assistance at the state level to promote certification of activity professionals, working toward uniform professional standards for activity practice.

Writing a News Release
Brenda Scott ADC
Standards of Practice Trustee

Many Activity Professionals find themselves in the position of writing news releases. Your release should answer who, what, when, where, why and how. It should grab the reader in 10 seconds, so don’t be afraid to be creative. There are different types of news releases.

The Standard News Release has some editorial requirements. Always print on facility/corporate stationary. In the top left corner, type “For Immediate Release.” In the top right corner, type the date. Below “For Immediate Release” type the name, title and phone number of two contacts.

In a larger font type the headline, it can be more than one line if necessary. One page is best but if two pages are needed print “MORE” at the end of page one. Put contact information and a short headline in the upper-right corner of the second page. Each paragraph should be three sentences or under. Write the release like a news story with the information in descending order of importance. The headline and first paragraph is the most important. Emphasize what’s unique: the first, the biggest, in celebration of, and so on. Briefly describe your organization in the last paragraph of the news release. Two key points to remember is to keep it short and write a good headline. Type “---30---“ or “###” at the end of your release. This is how journalists mark the end of a news story.

Happy Holidays!
From the NAAP Board and Office Staff

(Continued on page 9)
News Advisory is akin to an “FYI,” use it to alert journalists to an event that you know is not on the top of their agenda but that might interest them. This advisory should be written in simple form without details. On the document write “News Advisory”. This is where the press looks if it is a slow news day.

A Calendar Item is an event you want included in the community calendar of newspapers or local public radio and TV. Your release should be labeled “Calendar Item” and hold the essential information only.

The Photo Opportunity release offers just that a “Photo Opportunity” and gives the who, what, when, where, why and how. Animals, intergenerational events, anniversaries, birthdays, and special recognition are good examples of a photo opportunity. Many of your themed special events are excellent photo opportunities. These can be called in to a radio, TV station or the newspaper.

For the photo opportunity think about the event how a photographer will view it. How will it look in the newspaper or on the TV screen? Select a background that’s relevant and not distracting. Outside events are generally better. Make sure any signs or banners are readable from a distance. Facility tee shirts make good “banners” for photo opts. Remember, photographers like action shots. Don’t leave items lying around that you would rather not see in the news! Have names and other specifics written and ready to hand to the photographer. Don’t forget having your residents’ sign a press/photo releases.

Feature Stories are generally a lengthy piece with details, depth, and many times a picture. Feature writers cover what they hear about and stumble across. They are looking for good story ideas and “human interest” stories especially if your idea matches their interest. Develop contacts with features writers. You should always have written background information ready to support of your story idea. If your feature story idea relates to an event, pitch it to the writer at least two weeks before the event.

In this time of high-tech communications is it perfectly acceptable to fax or e-mail your news release. Follow the correct format to demonstrate your professionalism. Don’t be afraid to send some type of news release on a regular basis to gain name familiarity. Soon your facility may be in the news!

MEMBERSHIP
WHY NOT JOIN NAAP TODAY?

There are so many benefits when you belong to NAAP! Each member will receive a newsletter which will give the updated reports on Government Relations, Special Interests, International Updates, Professional Development, Nominations, Standards of Practice, Financial Updates and a Membership Report. Along with this comes an update from our President, Diane Mockbee, and our Executive Director, Charles Taylor.

Members will also receive a discounted rate at the Annual Conference which is held in March/April of each year.

Membership dues are only $70.00 per year. If you are a student in the 90 Hour Basic or Advanced Courses, your dues are only $50.00 for the first year.

Email us for more information at membership@thenaap.com.

Join Now! You can download and mail in this application with your payment or use our new online registration.
The NCCAP Page
The National Certification Council of Activity Professionals
http://www.nccap.org

Mission Statement: The National Certification Council of Activity Professionals is a credentialing body, which sets standards and criteria to ensure that those we serve have optimal life experiences.

NCCAP Board votes to extend ADC Track 5 through 6/2007

NCCAP Board extends ADC Track 5 deadline....

Due to the overwhelming response to the temporary ADC Track 5 opportunity, and to the numerous requests from the various state/activity association representatives requesting a short extension to allow for the varied state conferences etc to assist their members in meeting the final requirements for this track, and after much discussion, the NCCAP Board voted to extend the temporary window of opportunity for ADC Track 5 until 6/30/07.

NCCAP opened up the "window of opportunity" for individuals that completed a basic activity course of 90 hours or less, between 1991 (when OBRA was implemented) and 2001 (when the requirement for the MEPAP course/pre-approved instructors was implemented), but that have the established experience, demonstrating their commitment and dedication to the field of activities, and have ongoing continuing education to effectively implement their job responsibilities and duties, an opportunity to apply for certification as a director.

ADC Track 5 requirements must include:
1. HS diploma and/or GED
2. A basic activity course (Please check which one applies and/or is closest to the course you attended)
   - 36 hours
   - 40/42/45 hour
   - 60 hour
   - 72 hour
   - 90 hour
   MUST have been completed between (1991 -2001) Verified by submitting a certificate of completion, signed by the qualified instructor.
3. 6 years (12,000 hours) of current activity experience within the past 10 years
4. 30 hours of continuing education 20%
   (6 hours) of which specifically addresses activity documentation (ie

(Continued on page 12)

Why Become NCCAP Certified?

1. Federal Law, OBRA, states that an activity department must be directed by a “qualified professional.” One of the ways to become qualified is to become a Certified Activity Professional.
2. NCCAP certification is recognized by HCFA (Health Care Financing Administration) as an organization that certifies activity professionals who work specifically with the elderly.
3. NCCAP certification assures administrators and surveyors that you have met certain professional standards to become certified.
4. Many administrators will only hire activity professionals who are already certified.
5. Some administrators offer a higher salary to a certified professional.
6. Become NCCAP certified so others will know that you are nationally qualified and giving quality activity service to residents/clients.

QUALIFICATION DESCRIPTION:

A. ACADEMIC EDUCATION
   May derive from a wide variety of curricula: Social Work, Recreation, Education, and Business degrees. These are a few of the educational backgrounds that represent our certified members.

B. ACTIVITY EXPERIENCE
   Activity work experience with elderly populations, where at least 50% are 55+ years of age. Some volunteer work with elderly clients may be applied.

C. CONTINUING EDUCATION
   Current education (within past 5 years): workshops, seminars, college courses that keep the activity professional abreast of present trends. NCCAP's Body of Knowledge contains 27 areas of education with many subheadings that are applicable.

D. CONSULTING EXPERIENCE
   May include: advising a group, working one to one, teaching a class, conducting workshops, publishing professional articles, supervising students and/or managing 5 or more activity staff persons.

FEES: The cost of being certified initially ranges from $45 to $65 depending upon the level. Renewal is required every two years with 20-40 hours of continuing education and a fee of $40.

For further information visit http://www.nccap.org
*Introduce opportunities for comfort and solace through touch. Feeling connected and acknowledged as an individual, appreciates the real self or the spirit of the elder. Create a holiday sensory basket for the very impaired resident which might include pine boughs for aroma; visuals of old fashioned Santas or the manger scene; small wrapped gifts for touch; a red, velvet stocking for touch, familiar holiday carols, sung by singers from their past and peppermint sticks for taste.

*As much as we hate to say no or decline volunteers, services or visitors – sometimes we need to. Having two and three groups of children, volunteers or church groups going through the halls caroling on a given day may be too overwhelming. Limiting such visits to once a day may be necessary. Rather than discourage the volunteers, schedule them for an alternate unit or request they schedule their visit for January or February.

"Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth, and transport the traveler back to his own fireside and quiet home!"

~Charles Dickens

Visit Our Party Store

The Activity Director's Office offers party items online to help you create memorable events & enhance your themes. Browse our unique selection of novelties, accessories, gifts and favors.

http://www.theado.makesparties.com/

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The Activity Director's Office offers party items online to help you create memorable events & enhance your themes. Browse our unique selection of novelties, accessories, gifts and favors.

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Do you think they perform better today? Are they safer?
Can you remember brand names of old and/or new cars?
Do you remember the names of famous ships/planes/ trains of the past?

Encourage the elders to share also their memories about personal experiences with means of transportations. Ask them if they drove any of those pictured in the photographs, how often they used the bus/car/train/etc. when they were young, to go where, why, and with whom.

Before ending the session, ask the men if there is any topic they would like to discuss in the same way in another session. For example, how a particular profession, or a place, they are all familiar with has changed in the last decades.

Tips
Plan the activity in preparation of a trip to a vintage car, or air, show, or to a railroad museum.

Reference
Frazer C.J., Christensen H., Griffiths K.M.
Harrand A.J., Bollstetter J.J.

For more men’s activities please visit http://www.activities4elders.com and get your subscription! All subscribers get free online access to calendars, Alzheimer’s activities, person-centered activities, monthly activities, easy print offs from the magazine, and much, much more!

• Finally, being responsible for Christmas would require a commitment.

I can buy the fact that other mythical holiday characters are men...

• Father Time shows up once a year unshaven and looking ominous. Definite guy.

• Cupid flies around carrying weapons.

• Uncle Sam is a politician who likes to point fingers.

Any one of these individuals could pass the testosterone screening test. But not St. Nick. Not a chance. As long as we have each other, good will, peace on earth, faith and Nat King Cole's version of "The Christmas Song," it probably makes little difference what gender Santa is.

I just wish she'd quit dressing like a guy!!!

FOLLOWING ALL the NCCAP standards
4. Submit the appropriate fee(s)

*The window to apply for certification following ADC Track 5, will close 6/30/07.

ADC Track 5 is available for INITIAL applicants, meeting the above criteria - and may apply to currently certified individuals wishing to level change.

*Individuals that have the requirements for Track 5, that are following the ADPC certification track, MUST also complete the ADC Track 5 application, along with the application for a level change; level changes will only be granted if ALL the requirements are met.

THERE ARE NO EXCEPTIONS to the above. Applicant is responsible to verify ALL information. Applicant agrees to accept certification at another level (if applicable).
MONTHLY OBSERVANCES

Bingo's Birthday Month
Christmas Seals Campaign
Colorectal Cancer Education and Awareness Month
Evergreen Month
Fill the Cookie Jar Month
Fruitcake Month
Hard Candy Month
Hi Neighbor Month
International Language Month
International Lipstick Month
Jingle Bell Run for Arthritis Month
Little Helpers Month
Made in America Month
National Closed Caption TV Month
National Drunk and Drugged Driving
Read a New Book Month
Red and Green Month
Safe Toys and Gifts Month
Santa Claus Month
Universal Human Rights Month
Winter Month

FAMOUS WEEKS

Week 1
Christmas Tree Week
Cookie Cutter Week
Tolerance Week

Week 2
International Language Week
Recipe Greetings for the Holidays

Week 3
Posadas, Mexico Day
Tell Someone They're Doing a Good Job Week

Week 4
It's About Time Week
Orange Bowl Week

Christmas Past
A Christmas Poem by Clarice Williams

Each Christmas I remember
The ones of long ago;
I see our mantelpiece adorned
With stockings in a row.

Each Christmas finds me dreaming
Of days that used to be,
When we hid presents here and there,
For all the family.

Each Christmas I remember
The fragrance in the air,
Of roasting turkey and mince pies
And cookies everywhere.

Each Christmas finds me longing
For Christmases now past,
And I am back in childhood
As long as memories last.

I Want a Train
While working as a mall Santa, I had many children ask for electric trains. "If you get a train," I would tell each one, "you know your dad is going to want to play with it too. Is that okay?"

The usual answer was a quick yes, but after I asked one boy this question, he became very quiet. Trying to move the conversation along, I asked what else he would like Santa to bring him. He promptly replied, "Another train."

Activity Director Apparel & Gift Store
http://www.cafepress.com/theadoshop

Visit Our Party Store
http://www.theado.makesparties.com
Clipart for the Month

Activity Director Apparel & Gift Store
http://www.cafepress.com/theadoshop

Visit Our Party Store
http://www.theado.makesparties.com
The ADC Track 5 application can be downloaded from the download forms/request for information section of the NCCAP website.

PLEASE NOTE!!!!!!
As of 1/2007, ALL INITIAL ADC Tracks 1 - 3, and ACC Tracks 1 - 3 applications to NCCAP will require the entire MEPAP (180 hours of coursework/180 hours of practicum), not just the MEPAP part 1. ALL individuals considering NCCAP certification that currently only have MEPAP part 1, will want to apply for certification ASAP, PRIOR to the standard changes that will take affect 1/1/2007. *After 1/2007 - those that have only MEPAP part 1, will have to obtain MEPAP part 2 (core content areas 12 - 20 of the MEPAP 2nd edition)- in order to apply for the ADC or ACC levels. (The equivalent to MEPAP 2nd edition requirements).

***NCCAP has received numerous POSITIVE comments with regard to this window of opportunity - as it has also 1) Discouraged individual states from pursing their own state certification 2) Encouraged individuals to take the initiative to follow through since completion of their courses and become nationally certified - (these are just a couple of the comments received)

ADC Track 5 - UPDATE 2/14/05

Track 5 is available for currently employed individuals with over 12,000 hours of activity experience; anyone with less than that should not consider applying using this Track. Track 5 is available for individuals that have completed a Basic Activity Course, approved by their state between 1991 - 2001. Those of you that have completed non- approved courses, taken the course by a non qualified individual or completed the course during a different time frame, this Track does NOT apply to you. Track 5 requires 30 hours of continuing education, 6 of which MUST BE specific to activity documentation, ie the mds's, care planning, resident assessments and such. Those of you currently certified, do not need to send in 30 additional hours, but you WILL have to show/send the 6 hours of activity documentation continuing education within the past 5 years (your activity course does not meet this requirement). BEFORE you send in the application to level change, review ALL the NCCAP standards, as ALL the NCCAP standards must be followed - this includes, proper documentation of experience, proper verification of the completion of the basic activity course

(Continued on page 16)
and completing the required activity documentation. Only apply for ADC Track 5 - once you have reviewed ALL the requirements along with the NCCAP standards, all of which can be found on the http://www.nccap.org/ site.

*** 6+ hour Documentation workshops are being offered all over the country to assist with this component - also there are online options available that have been pre-approved as well.

Volunteers

Author unknown
Submitted by Alternative Solutions in Long Term Care.

Many will be shocked to find,
When the day of judgment nears,
That there's a special place
in heaven
Set aside for Volunteers.
Furnished with big recliners,
Satin couches and foot stools,
Where there are no committee chairman,
No yard sales or
rest area coffee to serve,
No library duty or
bulletin assembly,
There will be nothing to
print or staple,
Not one thing to fold or mail,
Telephone lists will be outlawed.
But, a finger snap will bring,
Cool drinks and gourmet dinners
And rare treats fit for a king.
You ask,
"Who will serve these
privileged few
And work for all their worth?"
Why, all those who
reaped the benefits,
And Not Once
volunteered
on earth.

Attention: Activity Professionals

You are invited to submit articles of interest, poems, humor, photos and just about anything else for publication in Activity Director Monthly. The only compensation we can offer you is credit for the submission. All submissions are subject to editing. We cannot guarantee that all submissions will be published. However, they definitely can't be published if you don't send them in. So be brave and fire your e-mail to us at: admin@theactivitydirectorsoffice.com. Or you can mail your information to: Main topic interests include: anything that will benefit Activity Directors; items which can be used in facility newsletters (i.e. original and/or public domain items); personal Activity Director/resident experiences. Please send only copies of your submissions. The material will not be returned.

About Activity Director Monthly

Activity Director Monthly is a FREE monthly publication of The Activity Director’s Office website. Activity Professionals across the nation and around the world are invited to visit the website and subscribe to this publication.

Please visit us at...
http://www.theactivitydirectorsoffice.com

Our e-mail address is: admin@theactivitydirectorsoffice.com

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Suggestions for the Effective Use of Your Newsletter

This newsletter concept is the result of several years of preparation and the generous support of the sponsors whose advertisements are contained within its pages. Because all of the material in the newsletter is copyright free, you may feel assured that the publishing and distributing of your free newsletter is legal.

PREPRINT

After you have downloaded your newsletter you have several choices to make before printing it.

- First type or paste the title of your newsletter into the blank area of the front page mast.
- On the mailing page insert your facility’s name and address in the upper left corner where it says “From:”.
- Prepare any printed material you may have for insertion into the newsletter. At a minimum we suggest you prepare your monthly activity calendar on one side of an 8.5”x11” sheet or paper. On the other side you may enter residents facts and figures (new admissions, birthdays, residents who went home, deaths). Also, on the back of the calendar page you may want to advertise upcoming activities and events, a management roster and other items of interest specific to your facility.

PRINTING

- If you decide to print your newsletter on your facility copier you may print the newsletter on 8.5”x11” sheets of paper. However, it is far more professional looking to use 17” x 11” sheets (this size is larger than legal size paper, but can be hand fed into most modern printers).
- If you use a print shop have them print your newsletter on 17”x11” paper. They will have a variety of colors for both your paper and ink. You can expect to pay more for color ink. If you decide to print your newsletter on color paper, avoid using dark colors and extremely bright colors (e.g. fluorescent), they are too difficult to read.
- If you take it to the print shop they will also print and insert your extra material and fold your newsletter for you. One fold makes your newsletter ready for hand outs. Two folds prepares the newsletter for mailing.

MAILING

(an excellent activity for your residents)

- To prepare your newsletter for mailing, it must be folded twice so the mailing face is showing on the outside.
- Each piece you plan to mail must be sealed twice on the loose page edge. Use 1/2” pieces of transparent tape (you can purchase seals at most office supply stores if you wish).
- Write or stick your address labels where it says “To:”.
- Place postage in the upper right hand corner. First class postage will pay for your newsletter and at least two 8.5”x11” insertions.
- Your newsletter is now ready to mail. The Post Office appreciates it if you pre-sort your zip codes and bundle the newsletters with rubber bands.

BULK MAILING

With bulk mail you can save a bundle on postage. However, you must set up an account with the post office, mail at least 200 newsletters at a time, presort your mail, prepare a billing form and deliver the newsletters to the post office. Although it sounds complicated, it becomes routine after you have done it a couple of times.

DISTRIBUTION

For the most effective marketing of your facility, we recommend that you make an extensive mailing list including these listed below. The more newsletters you circulate, the more successful your marketing will be.

- All responsible parties
- Seniors at home
- Banks
- Hospital discharge planners
- Nursing homes
- Adult day care centers
- Churches
- Home health agencies
- Federal, State and local social service agencies
- Social organizations and clubs
- Business organizations
- Corporate headquarters
- Area schools
- Area radio stations
- Area television stations
- Area newspapers
- Area businesses

TIMING

For timely distribution, your newsletter will always be available to you at the first of the preceding month. It should be published by the last week of the month and mailed prior to the first of the month the newsletter is dated.
"Grey's Anatomy" Star Encourages the Spirit of Giving through Cards That Count

(ARA) - For many, the holiday season is about giving back to others. But between holiday parties, decorating the house and shopping for friends and family, giving back may be easier said than done. In the spirit of giving gifts to others, Bounty Paper Towels is giving back to three deserving charities through Cards That Count, a free online e-greetings program that offers people an easy way to give back.

By logging on to http://www.quickerpickerupper.com, everyone can help celebrate by sending free birthday or all occasion e-cards to friends, family or loved ones and at the same time support their favorite charity.

As a part of its 40th birthday celebration, Bounty is donating a total of $500,000 to the American Cancer Society, the Make-A-Wish Foundation and the National Breast Cancer Foundation. Cards That Count is led by Chandra Wilson, otherwise known as Dr. Miranda Bailey, on ABC's hit television show "Grey's Anatomy."

"Many of us, including myself, have cared for and supported loved ones with a life-threatening illness," says Wilson. "Seeing Bounty's unique contribution to three exemplary charities means something to them," she adds. "Cards That Count is an easy way for people to support three deserving charities, while sending celebratory e-cards to friends and family - it's as easy as one mouse click."

Each e-card sent translates into a vote for the charity of your choice (among the three participating charities). The more e-cards sent, the more votes the charity receives. To close out Bounty's birthday celebration, each charity will receive an additional donation, totaling $500,000. Bounty will allocate donations to the three charities based on the number of e-cards sent in support of each charity. It's easy - just send the e-cards and help Bounty decide how to split the donation.

"Bounty paper towels have been the indispensable household helper in American homes for the past forty years," says Brad Schwan, Bounty brand manager. "We're dedicated to celebrating these 40 great years by giving something back to these charities who give their extraordinary gifts year round."

Cards That Count runs now through the end of the year. Charity winners will be announced in January 2007. To learn more about the charities, to donate directly to the charities themselves or for additional program details, visit http://www.quickerpickerupper.com and click on the bottom right corner of the homepage to participate.

Courtesy of ARA Content

Editor's note: The American Cancer Society, Make-A-Wish Foundation and National Breast Cancer Foundation are all registered trademarks.
Tips to Keep Cooks Out of Trouble This Holiday Season

(ARA) - The holidays can be a recipe for accidents in the kitchen: There's a lot of family, a lot of food and a lot of cooking to do - but not a lot of time.

That's why the National Consumers League (NCL) is offering tips to keep consumers safe in the kitchen this holiday season.

"With all the guests, distractions, and stress of the holiday season, food preparation can be overwhelming -- and potentially dangerous -- for cooks this time of year," says Linda Golodner, NCL President. "Our goal is to make cooking as easy and as safe as possible this holiday season."

NCL has created a new brochure, "Good Cooking Starts with Safe Cooking," that offers busy, time-starved cooks helpful tips to prevent accidents in the kitchen. The brochure is available to consumers who visit www.nclnet.org or send a self-addressed, stamped envelope to NCL at 1701 K Street NW, Suite 1200, Washington, DC. 20006.

Some of the brochure's helpful tips include:

* Heat with care: Learn how to tell whether your pan is properly preheated. If you are using a non-stick or empty pan, flick a few drops of water onto the pan. Once the water droplets begin to sizzle in the pan, it is hot enough. (Never flick water into hot oil - the spattering oil can cause serious burns!)

* Stay in the kitchen: Don't leave any cookware on a hot stovetop unattended. Cooking fires are the leading cause of home fires across America, and unattended cooking is the No. 1 contributor to cooking fires.

* Play matchmaker: Use a stove burner that matches the size of the pan bottom. Once you have selected a pan that is appropriate for your recipe, use the burner that matches the size of the pan bottom. Using too small of a burner will result in uneven heating and long cooking times. Using too large of a burner is inefficient and exposes hot coils or flames.

* Keep it clean: Wash cooking surfaces to remove grease -- and prevent fires.

* Look for healthy habits: Consider using non-stick cookware to prepare meals with less oil. The American Heart Association recommends using non-stick cookware to "create a healthier diet without losing out on flavor."

The "Good Cooking Starts with Safe Cooking" brochure has been endorsed by the American Personal Chef Association, the Home Safety Council and the Cookware Manufacturers Association, and was made possible through an unrestricted educational grant from DuPont. For more information, visit http://www.nclnet.org.

Courtesy of ARA Content

EDITOR'S NOTE:

About the National Consumers League (NCL)

Founded in 1899, the National Consumers League is the nation's oldest consumer advocacy organization. Its mission is to protect and promote social and economic justice for consumers and workers in the United States and abroad. The National Consumers League is a private, nonprofit advocacy group representing consumers on marketplace and workplace issues.
The Gift

'TWAS THE NIGHT BEFORE CHRISTMAS,
HE LIVED ALL ALONE,
IN A ONE BEDROOM HOUSE MADE OF PLASTER AND STONE.

I HAD COME DOWN THE CHIMNEY
WITH PRESENTS TO GIVE,
AND TO SEE JUST WHO IN THIS HOME DID LIVE.

I LOOKED ALL ABOUT,
A STRANGE SIGHT I DID SEE,
NO TINSEL, NO PRESENTS,
NOT EVEN A TREE.

NO STOCKING BY MANTLE,
JUST BOOTS FILLED WITH SAND,
ON THE WALL HUNG PICTURES OF FAR DISTANT LANDS.

WITH MEDALS AND BADGES,
AWARDS OF ALL KINDS,
A SOBER THOUGHT CAME THROUGH MY MIND.

FOR THIS HOUSE WAS DIFFERENT,
IT WAS DARK AND DREARY,
I FOUND THE HOME OF A SOLDIER,
ONCE I COULD SEE CLEARLY.

THE SOLDIER LAY SLEEPING,
SILENT, ALONE,
CURLED UP ON THE FLOOR IN THIS ONE BEDROOM HOME.

THE FACE WAS SO GENTLE,
THE ROOM IN SUCH DISORDER,
NOT HOW I PICTURED A UNITED STATES SOLDIER.

WAS THIS THE HERO OF WHOM I'D JUST READ?
CURLED UP ON A PONCHO,
THE FLOOR FOR A BED?
I REALIZED THE FAMILIES

THAT I SAW THIS NIGHT,
OWED THEIR LIVES TO THESE SOLDIERS WHO WERE WILLING TO FIGHT.

SOON ROUND THE WORLD,
THE CHILDREN WOULD PLAY,
AND GROWNUPS WOULD CELEBRATE A BRIGHT CHRISTMAS DAY.

THEY ALL ENJOYED FREEDOM EACH MONTH OF THE YEAR,
BECAUSE OF THE SOLDIERS, LIKE THE ONE LYING HERE.

I COULDN'T HELP WONDER HOW MANY LAY ALONE,
ON A COLD CHRISTMAS EVE IN A LAND FAR FROM HOME.

THE VERY THOUGHT BROUGHT A TEAR TO MY EYE,
I DROPPED TO MY KNEES AND STARTED TO CRY.

THE SOLDIER AWAKENED AND I HEARD A ROUGH VOICE,
"SANTA DON'T CRY,
THIS LIFE IS MY CHOICE;
I FIGHT FOR FREEDOM,
I DON'T ASK FOR MORE,
MY LIFE IS MY GOD,
MY COUNTRY, MY CORPS."

THE SOLDIER ROLLED OVER AND SOON DRIFTED TO SLEEP,
I COULDN'T CONTROL IT, I CONTINUED TO WEEP.

I KEPT WATCH FOR HOURS, SO SILENT AND STILL,
AND WE BOTH SHIVERED FROM THE COLD NIGHT'S CHILL.

I DIDN'T WANT TO LEAVE ON THAT COLD, DARK, NIGHT,
THIS GUARDIAN OF HONOR SO WILLING TO FIGHT.

THEN THE SOLDIER ROLLED OVER,
WITH A VOICE SOFT AND PURE,
WHISPERED, "CARRY ON SANTA,
IT'S CHRISTMAS DAY, ALL IS SECURE."

ONE LOOK AT MY WATCH, AND I KNEW HE WAS RIGHT.
"MERRY CHRISTMAS MY FRIEND, AND TO ALL A GOOD NIGHT."

Take a moment this Christmas season to pray for and give thanks for our men and women who serve in the armed forces.
Let’s Face It...

If you see a fat man ... Who's jolly and cute, wearing a beard and a red flannel suit, and if he is chuckling and laughing away, while flying around in a miniature sleigh with eight tiny reindeer to pull him along, then let's face it... Your eggnog's too strong!

Thank God For Broccoli!

A four-year-old boy who was asked to return thanks before Christmas dinner. The family members bowed their heads in expectation. He began his prayer, thanking God for all his friends, naming them one by one. Then he thanked God for Mommy, Daddy, brother, sister, Grandma, Grandpa, and all his aunts and uncles. Then he began to thank God for the food.

He gave thanks for the turkey, the dressing, the fruit salad, the cranberry sauce, the pies, the cakes, even the Cool Whip. Then he paused, and everyone waited ... and waited. After a long silence, the young fellow looked up at his mother and asked, "If I thank God for the broccoli, won't he know that I'm lying?"